



"Committed to the protection and promotion of public health."

Gallatin City-County Health Department

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Swine Flu Information for the Public

In light of the current swine influenza outbreak, the Gallatin City-County Health Department would like to remind everyone of basic influenza control measures:

- Persons with a fever and respiratory illness should stay home to avoid spreading the illness to others.
- Cough or sneeze into your elbow or a tissue and properly dispose of tissues
- Wash your hands thoroughly with soap and warm water or an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

At this time, there are no known probable or confirmed cases of swine influenza in Montana. Anyone with influenza-like illness (Fever $\geq 100^{\circ}\text{F}$ (oral) AND cough and/or sore throat in the absence of a KNOWN cause other than influenza) is encouraged to see their health care provider.

It is often difficult to tell whether you have a cold or the flu. Here are a few signs and symptoms to watch for.

Chances are it's a **COLD** if

- Your illness developed slowly
- You are only mildly tired or weak
- You have a cough
- You have a sore throat

Chances are it's the **FLU** if

- Your illness started suddenly
- You have a high fever
- You are extremely tired or weak
- You have a cough

- You may have a sore throat
- You have a headache
- Your muscles ache
- You have chills

The Gallatin City County Health Department is closely monitoring respiratory illnesses within the county.

If you have questions or concerns, please contact the Gallatin City County Health Department. Updates for Gallatin County and links to The Centers for Disease Control (CDC) and Montana Department of Health and Human Services (DPHHS) can be found at http://www.gallatin.mt.gov/Public_Documents/gallatincomt_health/health.